



BULLETIN – 5 March 2021

Please be aware all Timber and Food technology practical classes require enclosed leather shoes. Runners are not acceptable unless all leather.

No shoes = No PRACTICAL!

**Our lost property is overflowing with clothing, books, lunchboxes etc.
If you are missing anything please check with the office**

TOP PRIDE POINT EARNERS

YEAR 7	- Abhilash Y
YEAR 8	- Anna K
YEAR 9	- Verna C
YEAR 10	- Claire M
Year 11	- Bianca I
SUPPORT	- Peter H

IMPORTANT DATES

Year 11 Life Ready Program – Monday 22 March 2021

Year 10 Work Experience – Monday 22 March 2021

Year 7 Vaccinations 1st dose – 15 March 2021

Year 7 Camp – Wednesday 24 March 2021

SCHOOL RECEPTION INFORMATION – SCHOOL VACCINATION PROGRAM 2021



Health
Western Sydney
Local Health District

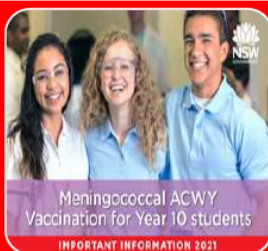
HPRM No: 21/2298



Riverstone High School

Year 7 Clinic - 1st dose HPV and dTpa vaccine *

- **15th March 2021**
- Plus catch-up for some Year 8 students



Year 10 Clinic - Meningococcal ACWY vaccine

- **27th August 2021**
- Plus catch-up for Year 7, 8 & 11 students
- Any Year 7 student who was absent or missed returning their consent form at 1st Visit will be caught up through-out the year *



Year 7 Clinic - 2nd dose HPV vaccine

- **22nd October 2021**
- Plus catch-up for any Year 7, 8, 10 & 11 students
- **Questions? Contact Public Health on 9840 3603**



Riverstone High School



Personal Responsibility In Delivering Excellence

HOMEWORK CENTRE

WEEK A

MONDAY

3pm - 4pm

THURSDAY

3pm - 4pm

WEEK B

TUESDAY

3pm - 4pm

THURSDAY

3pm - 4pm



Ask any of your teachers for help with your schoolwork **PRIOR** to attending the Homework Centre in the Library

Work Experience

Work Experience is a vital component of Careers Education at Riverstone High School. It is a wonderful experience for students to experience the world of work, trial different pathways and gain experience. From Monday 22nd of March until Friday 26th of March Year 10 students are required to complete Work Experience at a placement of their choice. Student's who still require assistance in locating a placement are to see the Careers Advisor Ms Hughes as soon as possible to organise placements. Good luck to all students and enjoy your week at Work Experience.



Year 7 Peer Support Camp

Year 7 students are invited to attend the Year 7 Peer Support camp for 2021. Please note the camp is not compulsory to attend. The camp is in Week 9 of Term 1, from Wednesday 24th March until Friday 26th March. Notes will be distributed shortly to all students with all information.



White Card Training

The White Card Training course has been organised for Wednesday 10th March (Term 1). This course delivers Workplace Health and Safety (WHS) induction training within the construction industry. It covers awareness of WHS legislative requirements, and the basic principles of risk management and prevention of injury and illness in the construction industry. Each student will receive a Statement of National General Construction Induction Training certificate on the day of training. Students wanting to complete this course must see Ms Hughes for a note.

COVID-19 Advice to Schools

School Vaccination Program



- **The NSW Health School Vaccination Program will continue to maintain the additional measures in reducing COVID-19 transmission, based on current State and National recommendations.**
- **Nursing staff are required to follow NSW Health protocols regarding their own health should they become sick, and stay at home. Nursing staff will also undergo a Health Screen at the start of their working day.**
- **Physical distancing principles will be required through-out the clinic.** The clinic space should be large enough to support physical distancing restrictions, including separate entry & exit points, an average of at least 4 square metres of space for each person & a maximum of 100 people in the space at any one time
- **All Students will undergo a Health Screen before entering the clinic by one of our nurses. Students who are unwell will not enter the clinic, but will be sent to the school sick bay.** In addition the nurses will perform a pre-vaccination assessment and determine the student's suitability to be vaccinated. Catch-up vaccinations for these students can occur at our next visit – there is no need for the students to attend their GP for vaccinations. The school should follow their own protocols regarding sending unwell students home.
- **Hand sanitising will be requested of all students before entering the clinic, with alcohol based hand rub.** Consent forms should be distributed to students at this stage, prior to approaching immunisation nurses.
- **A3 Information poster on 'What to expect' will be stuck on a wall for students to read.** Alternatively class teacher can read out the information, or students can watch video link regarding vaccinations available at: <https://www.health.gov.au/resources/collections/vaccination-videos-for-high-school-students>.
- **Distraction toys will not be provided to students during the vaccination process** due to the risk of cross contamination from student to student.
- **To minimise the time students stay in the clinic, any students refusing vaccination will be sent back to class,** catch-up vaccination can be offered at our next visit.
- **The use of alcohol based hand rub by all nursing staff will continue as per NSW Health Hand Hygiene Protocols. It is currently not deemed necessary for nursing staff to wear surgical face masks within the clinic environment, however the wearing of masks is at the discretion of each nurse. The wearing of gloves is not required. All clinic surfaces will be wiped down with detergent at the beginning and end of the clinic and on high touch surfaces through the day if deemed necessary.**

17th February 2021

Dear Parent

You may be aware of the national roll-out of the COVID-19 vaccine commencing soon.

Over the next few weeks many of our school nurse immunisers will be supporting the local COVID-19 vaccination program at Westmead Hospital.

As a result we are adjusting our school vaccination program.

If you have consented for vaccination, your child will receive the 1st dose of Human Papillomavirus vaccine (HPV) in Term 1 as scheduled. The diphtheria – tetanus-pertussis (whooping cough) vaccine will be adjusted to a subsequent school vaccination clinic.

We would like to reassure you that your child will receive their vaccinations in this school year as planned. You do not need to take any further action. If you have any questions or concerns please contact us at the Public Health Unit on 9840 3603.

Thank you for your support.
Kind regards



Dr Shopna Bag
Director, Public Health Unit



| NSW Department of Education

2021 NSW Premier's Reading Challenge

Start reading now!

Key dates for students in K-10:

Challenge opens
Monday March 1

Challenge closes
for student entries
Friday August 20

Artwork by Dr
Bronwyn Bancroft

www.premiersreadingchallenge.nsw.gov.au



KICK START HIGH SCHOOL

a healthy body = a healthy mind

WITH 8 EASY TIPS

1 Get moving

60 mins

Being active helps you manage stress.

- > Walk or ride to and from school
- > Play a sport or an active game during lunch
- > Throw on some music and dance
- > Use stairs instead of lifts of escalators
- > Take regular, active breaks from screens - your body and mind will thank you!



2

Eat brekky every day



A healthy breakfast gives you energy to start your day.

- > Make breakfast a priority each morning
- > Try some weet-bix or wholegrain toast
- > On the go? Have a glass of plain milk and grab a banana
- > Remember - energy drinks aren't breakfast

3

Get vaccinated



Don't freak out! This is important stuff and it could save your life.

- > Thousands of Year 7 students get vaccinated each year and this is what some say:

I expected it to be more painful, but it felt like a pinch.

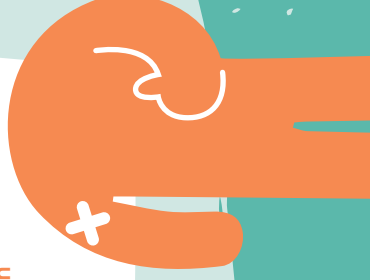
I felt brave afterwards - there's nothing you can't do. Just do it.

Try not to over react - it protects you.

- > For vaccination day - bring a positive attitude and your signed consent form

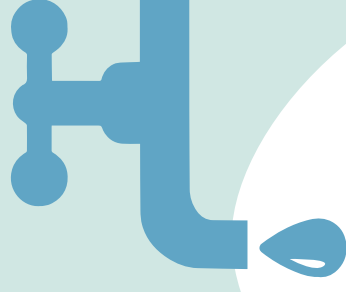
Any questions?

Contact the Immunisation team on 9840 3603



4

Drink 8 glasses of water



Your brain works better if you drink enough water.

- > Stick to tap water for a healthy smile
- > Carry a water bottle with you
- > Drink tap water with meals
- > Avoid sugary drinks



KICK START HIGH SCHOOL

a healthy body = a healthy mind

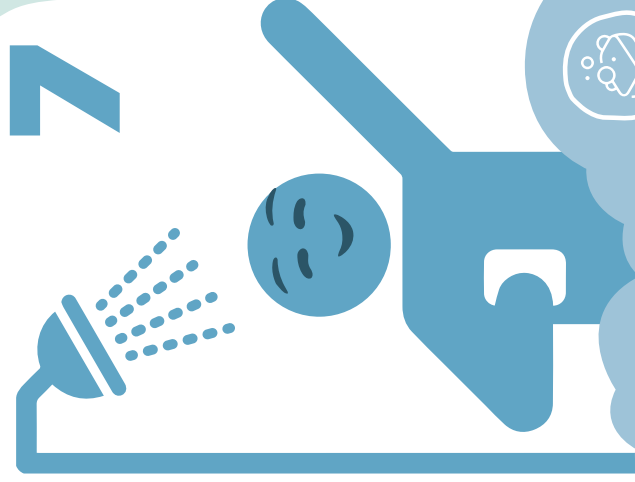
WITH 8 EASY TIPS



5 Eat well

Fuelling your body with the right food means you'll have longer lasting energy.

- > Eat more veg and fruit every day
- > Eat less high-sugar and fatty foods
- > Prepare your lunch at home
- > Help cook dinner

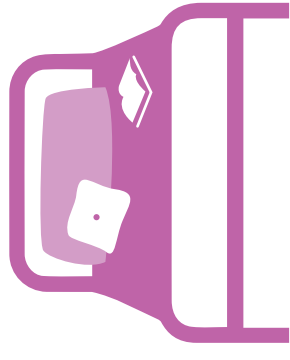


7

Stay fresh & clean

Good personal hygiene can help protect you and others from getting sick.

- > Wash your hands before handling food and after the bathroom
- > Brush your teeth morning and night, and floss once a day
- > Shower or bath regularly
- > Consider using deodorant



8 Get to bed!

8-10 hours

You're more likely to listen in class if you're not tired and grumpy.

- > Get at least 8-10 hours of sleep a night
- > Set a bed time
- > Avoid/limit caffeine after midday
- > Switch your phone to silent and face it down

6 Follow your gut

Walking away when your gut tells you something's not a good idea is a smart move.

Some examples:

- > Bullying someone
- > Being offered a smoke
- > Skipping school





Year 11 2022 Subject Selection Process

Colour Key: **Parent Events** Student Events Paperwork or forms **Careers Advisers**

Term 1 2021

WEEK 7 – Nirimba Collegiate Senior Course Guide Distributed in Year 10 Assembly at QHHS, RHS & SHHS. Nirimba Collegiate Senior Course Guide will be available at Wyndham College for Non-Collegiate applicants and on each Collegiate school's website.

Weeks 8 and 10 – Careers Program
Lesson series to support the subject selection process

Week 3- Collegiate Seniors Information Night
TUESDAY 4th MAY

Stage 6 Unpacked : NESAS* requirements, Patterns of Study offered, access courses, support structure for students selecting courses. Venue: Wyndham College.

Weeks 3 to 5 Collegiate Schools' Open Nights.
Learn more about what the schools will offer senior students in 2021 and beyond.

Week 6 Mon 24th May– Subject Taster Day for SHHS/ RHS

Week 6 Thurs 27th May –Subject Taster Day for QHHS

Weeks 7-8 –Senior Subject Survey – closes Monday June 7

Term 2

Weeks 1-3 – Subject Selection Interviews

Week 6 – Collegiate Enrolment Packages Due

Term 3

Week 7- Senior Student Parent Information Evenings at Quakers Hill, Riverstone & Seven Hills High Schools

Week 8 – 23rd November – Year 10 Orientation Day for students enrolling at Wyndham College

Week 8- 23rd November - Parent Information Evening at Wyndham College

Week 9 – 1st December - Orientation Sessions (morning/ afternoon) for students accessing a course at a host

Collegiate Senior Course guides will be issued in a Year 10 Assembly at QHHS, RHS & SHHS.

- What is required for a HSC/ ATAR? Patterns of study
- Categories of courses - A, B and Content Endorsed
- Subject selection timeline & process explained
- What is in the Senior Course Guide?

An evening of essential information for parents concerning the new Collegiate Stage 6 course offerings in addition to key rules and guidelines for obtaining the HSC and/or ATAR in addition to other credentials.

Wyndham College Open Night – Tuesday 11th May
Riverstone High School Open Night – Wednesday 12th May
Quakers Hill High School Open Night – Tuesday 18th May
Seven Hills High School Open Night – Wednesday 19th May

Hosted at Wyndham College – Students make their own way to Wyndham College for an 8am start in the Hall. The day will conclude at 2.30pm. Students will have selected subjects to 'taste' in the from the range of Collegiate courses on offer, and experience being a Year 11 student in 6 subjects during the day. Students will also have the opportunity to experience sample lessons and obtain course information at their current campus during weeks 5 to 7.

This online survey will provide information to create the curriculum structures for the schools. Students will receive information about the final course offerings before the winter holidays commence.

- Students will be emailed notification of the date of their interview at the end of Term 2.
- Students will meet with a member of the Collegiate Careers Team to discuss their career planning and subject choices.
- Students seeking enrolment at Wyndham College will have an enrolment package provided to them at the interview.
- Cross campus Access course applications may be made at this time.
- EVET applications can be initiated at this interview.
- Support students will have individualised Transition Planning meetings during this term.

All students seeking enrolment at Wyndham College will need to return their enrolment forms by **August 20th 2021** to confirm their place in courses.

Invitations will be sent to Parents early in Term 4 notifying of the respective dates and start times pertaining to each particular school.

Students will arrange their own transport to arrive at Wyndham College at 8am. Students will discover more about what it will be like to be a senior student at Wyndham.

Invitations will be sent to parents early in Term 4 notifying of start time. Uniform can also be purchased/ ordered on this night.

Students accessing classes across campuses will be guided through :

- transport arrangements for their access class
- their roles and responsibilities and those of their home and host campuses
- key contact personnel

Girls Uniform

Junior Year 7 - Year 10

Blouse Short Sleeve Sky	\$30.00
Polo Sky/Navy	\$35.00
Shorts Microfibre Navy	\$25.00
Skirt Formal Navy	\$35.00
Socks White (3pk)	\$11.95
Tights Navy	\$8.50

Senior Year 11 - Year 12

Blouse Short Sleeve White	\$30.00
Polo White/Navy	\$35.00
Shorts Microfibre Navy	\$25.00
Skirt Formal Navy	\$35.00
Socks White (3pk)	\$11.95
Tights Navy	\$8.50

Winter Uniform

Jumper Fleece Navy	\$30.00
Jacket Microfibre Navy/Sky	\$65.00
Track Pants Microfibre Navy	\$30.00

Boys Uniform

Junior Year 7 - Year 10

Shirt Short Sleeve Sky	\$30.00
Polo Sky/Navy	\$35.00
Shorts Microfibre Navy	\$25.00
Socks White (3pk)	\$11.95

Senior Year 11 - Year 12

Shirt Short Sleeve White	\$30.00
Polo White/Navy	\$35.00
Shorts Microfibre Navy	\$25.00
Socks White (3pk)	\$11.95

Sports Uniform

Polo Navy/Sky	\$35.00
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Accessories

Chef Beanie Black	\$8.00
Apron Black/White	\$15.00